

Lesson Plans.

Grade 1-2-3.

A. { Flving Machine
Firecracker.
Ferry Boat.

How do you do My Partner?

Huntsman (wand if available)

Many Show us what to do. (Extra)

Grade 4-5-6.

Same as A.

Jump Jim Crow (182)
Nucle Chase.

Grade 7-8-9

Same as A.

Polly Wolly Doodle. (264)

Pass & Change. 233 (Ball or Bean Bag).

Rescue Relay.

A. B. The methods of getting formations &
changing them.

Games.

1. Know game perfectly.
2. Formation before explanation.
3. Explanations simple + concise.
4. Teach by the part method - stopping to explain new parts or correct mistakes.
5. Never talk when children are inattentive or talking.
6. Use whistle only when necessary. Never without having something to say.
7. All that rules are carried out.
8. Announce scores - winners, etc.

Side Kick - 8
Fire Engine - 3
The Swing - 2
Bowl Club - 6
Ten Little Indians - 3.

Name:	School	Class	Age	Lesson No.
Time Allotment	Type of Act.	Act. - Line Ref. & Pg. no.	Objective.	Method of presentation
				Demonstrating Description Pupil demon.
15.	Stunts.	Frog Hop. N. & O. A. Pg. 187. Coffee Grinder 188. Head Stand 189.		Demonstration & description.
15.	Games.	Come Along 168. Simon Says. 170. Circle Chase 167.		Simon Description
15.	Folk Dance.	Children's Polka 173.		

Desired outcome
Child learn to have
ten. Courtesy.

Person - well - room - bright piano
Room - downstairs - walk quietly. etc. wands, balls
House kitchen - 3 doors - 2 cl. room - & play room (if school)
Huffman - downstairs - balls by piano
Assess Outcome - Rust of York - Gym - balls
Equipment room
Rust of York

Relate to Act of value

Needs of child

Specific -

Indicate pupil act - stated from
individual point of view

Measurable - able to see if obj.
accomplished

Monday - 3 lesson plans. 12:30-4:30 - 7:10

Classify according to Author & Title &
Content & Text which
you feel will be useful to you in
planning lessons

Copy suggestions from Syllabus of P.E. of To. Pub Sch for Grade
you are teaching

Play Act - For elementary schools - Dorothy L.S.
Athletic Program - Leonard Anderson
P.E. - On the Grades - Newman
P.E. Act. for High School Girls
Graded Lesson in Fundamentals of P.E. - E. L. Baker

In lots of time before class

Look at uniform before going for holes.

Whistles with lanyard

Speak to principals of find dressing room & gym.

Close windows after

Look for dangerous obj. in way

Meet classes at door

When dismissing them have them march out.

- ② Sportsmanship - character development.
- ③ Muscular control.
- ④ Develop pleasing personality.
- ⑤ Social Development.

1. Good sport.
2. Enthusiastic.
3. Courteous, honest.
4. Pleasing personality.
5. Neat appearance.
6. Obedient - co-operative.
7. Good health.
8. Original.
9. Royal.
10. Different interests.
11. Cheerful.
12. Good judgment.
13. Poise - grace.
14. Unselfish.
15. sense of justice.
16. unaffected.
17. Quick thinking.
18. muscular - control.
19. Vitality.
20. leadership qualities.
21. self-control.
22. Thoroughness.
23. Prompt.
24. social development.
25. Creative Ability.
26. Use of leisure time.

Wade 7-9.

45
15

Stunt

Biggling
Pg 308
Chain Vault
Pg 308
Hand Stand
308

Lanes

15

Chain
Bridge Ball
315

Nose Tap
315

Box & Kick

Folk Dancing

15

Old Dan
Nicker 303

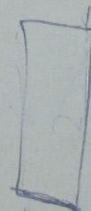
Theresa Lois Heigher, School - Grace Methodist, Class 6, Age 10, Lesson, Practical Teaching No. 7.

Time Allotment	Type of Act.	Activity	Objective.	Method of Presentation	Desired Outcome
30 mins. 10 mins.	Exercise	A. bend & stick. Dr. S-7-0 all. T bend S-5-7-u. L. jump high in front	Quick Response	Demonstration	Body Co-ordination
10 mins.	Folk Dance	Dutch Couples Dorothy La Salle P. 95 (continued)	Rhythm, correct steps.	Demonstration + Descript.	International feeling.
10 mins.	Games	Run & Pass Relay	Ability to pass & catch correctly.	Description.	Sportsmanship.

Grade IX.

30 mins. 10 mins.	Exercise any trunk bending?	Easy A swing w fold & fwd. stick. Dr. bend & stick. A. fling & T. twist. L. swing S-5-7-u. click. to. lift in front.	Quick response & easy movements.	Explanation.	Body Co-ordination.
10 mins.	Dance	Irish Lilt Dorothy La Salle P. 161. (continued)	Lightness, rhythm correct steps.	Demonstration	Individuality.
10 mins.	Games	Quoit relay.	Throwing & catching quoit properly	Description.	Team Spirit.

dr. they, like this?



J. A. L.

Lesson Plans.

To fit into Term
To fit in Age group

In planning:

1. Length of lesson.
2. Age of pupils
3. Sex or mixed
4. Interest typical of similar groups.
Ethel M. Cowen.
5. Size of class.
6. Size of space for working.
7. Interest span of group.
8. Needs of group. - physical ability
Home interest
Mental ability
Health.
Creative act.
9. What P.E. authorities think a good lesson plan includes.
10. Equipment available.
11. Relation of gym. to other school rooms.

Did you have one, two, three?
Did I have fun?
Am I tired - breathless?
Do they still respect me?
Did they want to continue
Did I really learned something
How long stand still?
How many minutes very active?
Did you have to stand in line &
watch someones head in front of you
Was there room to be comfortable to
move in.

Shades I - II & III

Rhythms

Singing Games

Games

Stunts

Shades IV - V & VI

Folk Dancing

Stunts

Games

Mimics & Rhythms

Shades VII - VIII & IX

Gym?

Games

Folk Dancing

Perhaps Tap Dancing

L. Crighton

Name	School	Class 1-3	Age	Lesson	No.
Time Allotment	Type of Activity	Activity	Objective	Method of Presentation	Desired Outcome
45 mins. 10 mins	Mimetics	Beck's - Neilson & Van Hagen P. 92. High-Stepping Horse - N. & V. H. P. 92.	Bring out own creative powers	Pupil Demonstrate and description	Agility.
15 mins.	Singing Games	The Farmer In The Dell Did you ever See a Hassie. N. & V. H. - Pgs. 83-84.	Sing in low voice.	Demonstration and Description.	Try to give everyone a chance.
20 mins.	Games (Hunting)	Brownies & Fairies N. & V. H. - P. 89 Skip Tag & Run, Rabbit Run. N. & V. H. - P. 91	Run quietly and skip correctly.	Description	Give each a turn at "it".

Name	School	Class 4-6	Age	Lesson	No.
45 mins 15 mins	Stunts	Frog Hop - ^{Boys & girls} N. & V. H. P. 187 Coffee Grinder N. & V. H. P. 188 Head Stand - ^{Boys & girls} N. & V. H. P. 189 (no gym clothes).	Body O - ordination.	Demonstration and description.	Each child have turn and learn to take turn properly. (over)

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Time Allotment	Type of Act.	Activity	Objective	Method of presentation	Desired Outcome
15 mins.	Games	Come Along! N.Y.O.N. Pg. 168 Simon Says N.Y.O.N. Pg. 170 Circle Chase N.Y.O.N. Pg. 167	Take care not to bump each other. Originality. Quietly.	Description.	Get acquainted.
15 mins	Folk Dance	Children's Polka N.Y.O.N. Pg. 173	Learn Steps correctly.	Description & demonstration.	

Name —	School —	Class 7-9	Age —	Lesson —	No. —
45 mins.	Stunts	Bicycling N.Y.O.N. 308	Co-ordination	Demonstration & description.	
15 mins		Chain Vault " "			
15 mins		Hand Stand " "			
15 mins	Games	Chain Dodge Ball N.Y.O.N. Pg. 315 Three & Four Tag Fox & Geese N.Y.O.N. Pg. 315	Practice throwing ball correctly. Play quietly & fairly.	Description.	Each person have a turn.
15 mins.	Folk Dancing	Old Man Tucker. N.Y.O.N. Pg. 303	Learn dance steps correctly, & rhythm.	Description.	Courtesy & quietness during explanation & dance.